

### ABSTRACT

~~For an image forming apparatus, a transfer fixing apparatus and a transfer fixing method fix a toner image onto a record medium. The~~ A transfer ~~fixing apparatus and the image forming apparatus have~~ has a structure to reduce adverse heat influences impacting on an intermediate transfer member, and can further reduce vibrations generated to the intermediate transfer member and to a recording medium onto which a visualized image is transferred from the intermediate transfer member. Further, a heating value and a heat distribution in the fixing apparatus can be controlled to be optimized.